

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

JUNE 10, 2019

HEALTHY HABITS FOR LIFESTYLE CHANGE!

I'M SURE YOU'VE FIGURED THIS MUCH OUT BY NOW: LOSING WEIGHT IS NOT JUST ABOUT "DIETING." NEW EATING BEHAVIORS ARE SUPER IMPORTANT, YES...BUT WE ALL HAVE TO MAKE *LIFESTYLE CHANGES* THAT WILL NOT ONLY BE CONDUCIVE TO LOSING WEIGHT – BUT JUST AS (NO, MAKE THAT MORE!) IMPORTANTLY FOR KEEPING THE POUNDS OFF!

I'M POSITIVE YOU ALL GET TIRED OF HEARING ME SAY, "IF CALORIES *IN* ARE MORE THAN CALORIES *OUT*, YOU WILL GAIN WEIGHT!" IT'S JUST SIMPLE MATH. HERE'S ANOTHER "KATHY-ISM"..."EAT LESS, MOVE MORE!" DOES ALL THAT TAKE CONSTANT VIGILANCE? WELL, THE GOAL IS THAT YOU CAN ACTUALLY ADOPT THESE HEALTHY HABITS AND REPLACE YOUR NOT-SO-HEALTHY ONES. RATHER THAN BEING A STRUGGLE, IT'LL (HOPEFULLY!) SIMPLY BE WHAT YOU DO EACH DAY.

HERE ARE SOME STRATEGIES AIMED AT HELPING YOU CREATE A (NEW!) LIFESTYLE THAT WILL BE USEFUL IN TAKING THE PLACE OF WHATEVER BAD PATTERNS YOU'VE BECOME ACCUSTOMED TO – AND IF YOU'RE IN THIS ROOM TONIGHT, YOU DEFINITELY DO HAVE SOME OF THOSE "BAD PATTERNS!" WHAT FOLLOWS MAY SEEM LIKE COMMON SENSE, BUT MANY FOLKS COMMITTED TO LOSING AND /OR MAINTAINING WEIGHT USE AT LEAST A FEW OF THESE TIPS!

1. **PORTION CONTROL!** TO US AMERICANS, THIS IS A KEY CHALLENGE! THIS IS QUITE POSSIBLY THE NUMBER ONE WAY TO CONTROL CALORIES. PILING FOOD ON YOUR PLATE – OR EATING OUT AND HAVING SOMEONE ELSE PILE FOOD ON YOUR PLATE – IS A PRETTY SURE-FIRE WAY TO OVEREAT! THERE'S ALWAYS THAT PRESSURE TO CLEAN YOUR PLATE...AND AS FAR AS EATING AWAY FROM HOME, MOST OF THE TIME EVEN HALF OF WHAT YOU'RE SERVED IS TOO MUCH!
2. **EAT S-L-O-W-L-Y!** HOW LONG DOES IT TAKE FOR YOUR STOMACH TO TELL YOUR BRAIN, "I'VE HAD ENOUGH!"? IF YOU SLOW DOWN AND SAVOR YOUR FOOD, YOU PROBABLY WILL EAT LESS, GIVING YOUR BODY A AFIGHTING CHANCE TO ACKNOWLEDGE THAT IT'S FULL!

I ACTUALLY JUST READ AN ARTICLE THAT QUOTED A STUDY STATING THAT THE SIMPLE PRACTICE OF CLOSING YOUR EYES FOR A MINUTE OR SO BEFORE YOU START EATING YOUR MEAL WILL ALLOW YOU TO EAT MORE MINDFULLY. GIVE IT A TRY!

3. **EAT YOUR PRODUCE FIRST.** THE THING ABOUT FRUITS AND VEGETABLES IS THAT THEY CONTAIN A LOT OF BULK, BUT FEW CALORIES. YOU MAY JUST FIND THAT YOU EAT LESS OF THE ITEMS THAT ARE MORE CONCENTRATED IN CALORIES IF YOU FILL UP ON YOUR VEGGIES AND “RUIN YOUR APPETITE!”
4. **DON'T SKIP MEALS.** THIS MIGHT SOUND LIKE A GOOD IDEA, BUT IT'S ONE THAT COULD ACTUALLY UNDERMINE YOUR WEIGHT LOSS PLAN. THIS IS NOT TO BE CONFUSED WITH “LISTENING TO YOUR BODY'S SIGNALS!” PURPOSELY SKIPPING MEALS LEADS TO “STARVATION MODE”...YOUR BODY THINKS IT'S BEING STARVED AND STARTS BUILDING BODY FAT (BY DECREASING METABOLISM) IN AN ATTEMPT TO STORE ENERGY FOR LATER USE. WHAT HAPPENS NEXT? YOU'RE EVEN MORE HUNGRY AT THE NEXT MEALTIME, YOU EAT EVEN FASTER THAN YOU WOULD NORMALLY – ALL OF WHICH LEADS TO MORE OVEREATING! NOOOOOOOOO!
5. **DRINK PLENTY OF WATER.** WATER HELPS YOU FEEL FULL THROUGHOUT THE DAY, AIDING YOUR WEIGHT LOSS EFFORTS. ACTUALLY, THERE ARE PLENTY OF REASONS TO STAY WELL-HYDRATED, AND IT'S EVEN MORE IMPORTANT NOW THAT IT'S HEATING UP OUTSIDE!
6. **SWITCH TO (ONLY) HEALTHY SNACKS.** WE'D ALL PROBABLY RATHER SNACK ON CHIPS, CHEESE, AND CHOCOLATE...MAKE A SWITCH TO HEALTHIER ALTERNATIVES. INSTEAD OF BEING “EXTRAS” THAT YOU'D PREFER NOT TO ADMIT TO, THINK OF SNACKING AS A NECESSARY PART OF YOUR DIET. MOST OF US DON'T GET “5 A DAY” ANYWAY, SO WHY NOT USE SNACKTIME AS AN EXCUSE TO EAT MORE OF WHAT THE EXPERTS SAY WE NEED! IF YOU'RE TRULY HUNGRY, ADDING SOME PROTEIN WILL MAKE IT “STICK TO YOUR RIBS!”



7. **EXERCISE AS OFTEN AS YOU CAN.** BURNING CALORIES THROUGH PHYSICAL ACTIVITY IS ESSENTIAL TO WEIGHT LOSS / MAINTENANCE. REMEMBER, IF YOU DON'T BURN MORE CALORIES THAN YOU TAKE IN, YOU WON'T LOSE WEIGHT! ANY PHYSICAL ACTIVITY WILL HELP. ALTHOUGH IT'S A MORE EFFECTIVE CALORIE BURNER, IT'S NOT ABSOLUTELY NECESSARY TO DO YOUR WHOLE EXERCISE ROUTINE AT ONE TIME. IF IT'S MORE CONVENIENT FOR YOU – OR SIMPLY NECESSARY IN YOUR PARTICULARLY CASE, BREAK IT UP INTO 10-MINUTE INCREMENTS. IT ALL ADDS UP!

8. **KEEP A RECORD!** I PROMISE, FOOD DIARIES ARE A TRIED AND TRUE AID TO BIGGEST LOSERS! KEEP TRACK OF WHAT YOU'VE EATEN AND THE NUMBER OF CALORIES IT CONTAINED. YOU COULD EVEN KEEP TRACK OF THE NUMBER OF CALORIES YOU BURN WHEN YOU EXERCISE AND COMPARE IT TO NEXT WEEK'S WEIGHT LOSS!

HEALTHY AND SUSTAINABLE WEIGHT LOSS DOES NOT OCCUR OVERNIGHT, DESPITE THE PROMISE OF MANY A FAD DIET! LOSING A POUND OR TWO A WEEK IS NORMAL, AND IT IN FACT SHOWS THAT YOU'RE ADOPTING WEIGHT LOSS HABITS AS PART OF YOUR LIFESTYLE.

HOW DID YOU DO WITH "NO ICE CREAM?"

THIS WEEK'S = "NO!" FOOD: **NO BAKED GOODS!!!**

